

## **iRest® Meditation for Emotional Balance**

with Janeen Paul, MD

iRest is an evidence-based meditation practice that releases physical and emotional tension, revealing our natural state of peace. This form of meditation also provides a safe way to process emotions, moving toward a more balanced state of being.

During this class, Dr. Janeen Paul will explain the steps of iRest, from setting an intention to exploring emotions. This will be done through personal journaling and meditation, and you will not be expected to share your process with the group. You can expect to sit or lie comfortably as you are guided through the practice.

iRest is appropriate for everyone, even those with no prior meditation experience. Please dress in loose clothing to facilitate a relaxed state, and feel free to bring a pillow or extra mat if that will add to your comfort.

**When:** Monday, February 10th; 5:30 - 6:45 pm

Or Monday, February 24th; 5:30 - 6:45 pm

**Where:** PRA Vernon Hills Office

**Cost:** \$25, which includes a CD of Dr. Paul's guided meditation

Class size will be limited to 8 people, so please call 847-918-8282 extension 0 to reserve your spot today.

\* Please note, this class is intended for relaxation purposes, not medical treatment, and is not covered by insurance. You do not have to be a patient with Dr. Paul or PRA to join the class, and participation does not imply a treatment relationship. Fee will reserve your spot in this class, and is non-refundable.